HEIDT Happenings

HEIDT CENTER OF EXCELLENCE

November2026

IMPORTANT DATES

- **Reading Celebration- November 6th**
- **Budget Bootcamp- November 13th**
- **Early Release- Thursday, November 19th**
- **Thanksgiving Break- November 25-27th**

Dear Families,

We had a strong start to the second quarter! Thank you to everyone who made Conference Day on October 26 such a wonderful success. If you weren't able to join us, please reach out to your classroom team to schedule a meeting at your convenience.

Students also had a great time celebrating Spirit Week and participating in community-based instruction opportunities, including visits to the Cincinnati Museum Center, the Hamilton County Wellness Fair, and the Cincinnati Zoo. Additionally, students enjoyed career speaker presentations from two Heidt alumni and our superintendent. We loved celebrating with our students with character strength awards, quarterly honors, and a pep rally to wrap up the flag football season!

As we head into November, we are excited to prepare for our upcoming Reading Celebration and Literacy Week, featuring a variety of engaging ELA-focused opportunities across classes. Please see below for upcoming events and details.

Sincerely,

Dr. Courtney Reece

Ensemble Theatre:

We are thrilled to announce that 10 of our students have been collaborating with the Ensemble Theatre to write and perform their very own original play! The culminating performance will take place on November 16 from 2:30 PM to 3:30 PM. More details will be shared soon with the families of the students involved. We are so proud of their hard work and creativity!

Heidt Career Expo and Open House:

We were thrilled to welcome our community to our recent Career Expo! The event was a tremendous success, bringing together over 50 vendors and roughly 200 attendees. A heartfelt thank you to all the students and families who joined us. Participants had the wonderful opportunity to connect with vital community partners—including the Regional Autism Advisory Council, Autism Connections, County DDS, and Opportunities for Ohioans with Disabilities, among many others—to gather valuable resources and guidance.

Parent Surveys:

To continue improving our programs, we conduct parent satisfaction surveys twice a year—in Fall (November) and Spring (April/May). The first survey will be distributed via email in mid- November, and responses are due by December. Your feedback is invaluable, and we aim to incorporate your insights along with the feedback we gather at the end of the second quarter.

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Transition & Employment Services:

Planning for life after high school? We can help! If you would like more information about transition services, employment opportunities, summer jobs, or adult services, including Opportunities for Ohioans with Disabilities (OOD) and the Department of Developmental Disabilities (DDS), please reach out to Lynn Godwin at lgodwin@bestpoint.org.

Volunteer Opportunities:

💰 Budget Bootcamp 💰

Best Point's Annual Budget Bootcamp events are taking place on November 6th (Main Campus) and November 13th (Heidt Center) and we are recruiting adult volunteers! Budget Bootcamp is a simulated "Game of Life" style event where students are assigned profiles with different degrees, education levels, family sizes, and salaries, allowing them to experience making financial decisions. Volunteers will be seated at stations where they will facilitate the pre-made academic activity at the station.

🎤 Career Speaker Presentation Series 🎤

One speaker a month | Monday–Thursday, 1:00–2:00 PM via Teams/Zoom Call
Share your career journey, explain what your business does, and introduce students to different career paths and workplace opportunities. We are looking for volunteers! Please contact Lynn Godwin @lgodwin@bestpoint.org if interested.

🤝 Mock Interviewer 🤝

Various Fridays throughout the school year from 8:30-11:30am
Help students practice interviewing in a supportive environment! Ask interview questions, provide feedback, and help students build confidence for future job opportunities. We have the interview questions and just need you!

Please reach out to Lynn Godwin with any questions at lgodwin@bestpoint.org.
To sign up for any opportunity above, please visit our Volunteer Page here!
https://bestpoint.org/volunteer-opportunities/

Scholastic Book Fair and Reading Celebration:

We are excited to announce that the Scholastic Book Fair and Reading Celebration will be the week of November 2nd through 6th! We greatly appreciate our parent volunteers and staff for their support in bringing this event to life!

ATTENTION SENIOR FAMILIES! Please send 2-3 baby/toddler pictures to Shelby Yates at syates@heidtcenter.org for the graduation slideshow.

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Regulation Around the Holidays:

The holiday season can bring additional stress for teens as they navigate various expectations during the break. This time of year presents numerous learning opportunities, including setting boundaries, prioritizing personal needs, and managing expectations. When the holiday stress becomes overwhelming, it's important for families to work together to ensure a successful season. Here are some tips to help you navigate this time:

- Set clear expectations with both immediate and extended family
- Consider sensory triggers and ensure appropriate supports are in place
- Create an "exit plan" for when things become too overwhelming
- Prioritize self-care for everyone involved
- Respect personal boundaries
- Maintain open lines of communication
- Organize smaller, more manageable gatherings

Neurodivergent Holidays: Set Boundaries for Your Wellbeing: (https://www.psychologytoday.com/us/blog/living-neurodivergence/202312/neurodivergent-holidays-set-boundaries-for-your-wellbeing)

Emotional Regulation Tips for the Holidays: (https://www.irlsocialskills.com/blog-post-archive/emotional-regulation-tips-for-the-holidays)

Fall Festival:

We had a wonderful Fall Festival event! A heartfelt thank you to everyone who generously donated their time and items to help make it a success. Our students enjoyed a variety of activities, including carnival games in the gym, a snack-decorating room, and much more. It was a great way to cap off our October!

We also want to give a shout out to the student council for organizing the event including the spirit week before!

Heidt Sports Update:

We had a wonderful flag football season! Looking ahead, basketball paperwork will be sent home in the coming week with full details. Please note that practices begin on November 17 for the Purple team and November 18 for the Blue team. If you have any questions, please reach out to Mr. Schmidt. Additionally, if your family is in need of financial aid, please email us at heidtleadership@heidtcenter.org.

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Interoception:

At Heidt, our Occupational Therapists utilize the Interoception curriculum in some of our classrooms, working towards identifying individualized regulation tools to help students throughout their school day and for the rest of their lives. Regulation abilities are tied directly to executive function skills. Interoception is the 8th bodily sense and is the ability to notice and connect bodily sensations with emotions.

Research states that interoception is an important factor in the development of effective self-regulation skills within children, teens, and adults. Many people who experience challenges with self-regulation have underlying interoception challenges. These interoceptive differences are very common in a variety of individuals, including those with autism, trauma disorders, sensory processing disorder, anxiety, depression, and behavioral challenges.

Some clients may experience interoceptive signals that are so strong they are immediately overwhelmed and confused. Others experience dulled or muted interoception signals that leave them unable to respond to emotions until they reach a fever pitch. This can lead to significant difficulties with emotional regulation and managing challenging behavior.

Ballet Showcase Performance:

This year, several of our students have been participating in an exciting ballet clinic in partnership with the Cincinnati Ballet! More details will be shared with participating families soon, but the showcase will take place on November 20 at 12:00 PM in the Heidt Gym. We hope to see you there!

Support the Heidt Center!

Your generosity helps us continue creating meaningful learning experiences and opportunities for our students. Scan the QR code to donate and support the Heidt Center. Every contribution makes a difference!